



Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

AUGUST 2010

ISSUE 168

PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY

Mayor of Lynn

STACEY MINCHELLO

Editor / Senior Center Director

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

FROM THE MAYOR....



I hope everyone had a safe and enjoyable 4th of July and is enjoying the dog days of summer.

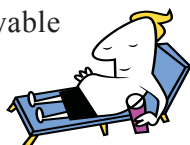
Speaking of dog days, the annual dog parade at Red Rock Park is quickly approaching. It will be held on August 19 at 5 p.m., followed by a concert sponsored by the Friends of Lynn & Nahant Beach.

Summer is also the perfect time to enjoy locally grown fresh fruits and vegetables. I encourage all of our residents to take advantage of The Food Project's Farmers Market corner of Union and Exchange in Central Square on Thursdays, 11 a.m. – 3 p.m., through October 28. The market offers a wide variety of fresh, local and sustainable produce. Much of it comes from farm sites here in Lynn, while the rest is harvested by youth on the organization's farms in Lincoln, Beverly and Ipswich. You may also find local baked goods, flowers and honey.

Also coming up is an ice cream social with students in grades pre-K-8 who completed the Mayor's Summer Reading Incentive Program. The program is a continuation of the Lynn Public Library's reading initiative, which requires participants to read a specific number of books. Those who read an additional five books, or read for 10 hours, will be invited to the ice cream social at City Hall in late August. Completed forms must be returned to the Mayor's office by August 26. For more information, and the required reading, contact the Mayor's office at 781-598-4000 or the Lynn Public Library at 781-595-0567.

Best wishes for a safe and enjoyable summer.

Mayor Judith Flanagan Kennedy



A city official decided to get all unlicensed dogs off the streets. When a policeman spots a big mutt riding in the front seat with its owner, he signals the driver to pull over.

When the driver asks why he's been stopped, the officer points to the big dog sitting beside him.

"Does your dog have a license?" he asks.

"Oh, no," the man says, "he doesn't need one. I always do the driving."

~~~~~  
Having lost weight over the past few years, a woman was discarding things from her wardrobe that no longer fit.

Her seven-year-old daughter was watching as she held up a huge pair of slacks.

"Wow," the woman said, "I must have worn these when I was a hundred and eighty."

Her daughter looked puzzled and asked, "How old are you now?"

~~~~~  
Grandma had never been sick in her life, so she didn't take it kindly when a bad case of the flu sent her to the hospital for observation.

By the time she was tucked into bed, she had managed to complain about everything: the temperature, the lights, the skimpy gown, the food and the mattress - especially, the mattress.

Suddenly, she spotted a small plastic item with a button, attached to a cord. "What's that?" she demanded with great suspicion.

"If you need anything in the middle of the night," said the nurse, "just press that button. It will turn on a light in the hall for the nurse on duty"

"A light in the hall?" responded Grandma.

"I'm the sick one around here. If the nurse needs a light on in the hall, she can get up and switch it on herself."



AUGUST HAPPENINGS!

Monday, Aug 2nd	Computer Classes Start	
Intro class.....	10:00 a.m. to 11:00 a.m.	Word class 11:15 a.m. to 12:15 p.m. Internet class 12:30 p.m. to 1:30 p.m.
Weds, Aug 4th	HAIR SALON HOURS	Walk in or appointments at the senior center..... 9:00 a.m. to 1:00 p.m.
Weds, Aug 4th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Weds, Aug 4th	Speaker Session: "Importance of Hydration" free	12:00 p.m. – 12:30 p.m.
	Sponsored by Twin Oaks Care & Rehabilitation, Danver, MA	
Thurs, Aug 5th	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Aug 5th	Field Trip: Butterfly Farm & Kimball Farms \$2	10:30 a.m. – 2:00 p.m.
Fri, Aug 6th	Food Stamps Assistance "SNAP"	9:00 a.m. to 3:00 p.m.
Fri, Aug 6th	Field Trip: Museum of Fine Arts \$2.....	10:30 a.m. – 2:00 p.m.
Fri, Aug 6th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Tues, Aug 10th	Blood Sugar Clinic "Lucy Booth" Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, Aug 10th	Birthday Karaoke Bash ☺	11:30 a.m. – 1:00 p.m.
Weds, Aug 11th	HAIR SALON HOURS	Walk in or appointments at the senior center..... 9:00 a.m. to 1:00 p.m.
Weds, Aug 11th	Field Trip: Woodman's Clam Box, Ipswich \$2.....	11:00 a.m. – 2:00 p.m.
Weds, Aug 11th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Thurs, Aug 12th	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Aug 12th	Field Trip: Butterfly Farm & Kimball Farms \$2	10:30 a.m. – 2:00 p.m.
Fri, Aug 13th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Mon, Aug 16th	Field Trip: Fuddruckers Saugus \$2.....	11:30 a.m. – 1:00 p.m.
Tues, Aug 17th	Casino Trip: FOXWOODS \$25 prepaid reservation.....	7:00 a.m. – 6:30 p.m.
Weds, Aug 18th	HAIR SALON HOURS	Walk in or appointments at the senior center..... 9:00 a.m. to 1:00 p.m.
Wed, Aug 18th	Open Forum with Congressman John Tierney.....	12:00p.m. – 1:30 p.m.
Weds, Aug 18th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Thurs, Aug 19th	Podiatry Appointments	9:30 a.m. to 12:30 p.m.
Thurs, Aug 19th	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Aug 19th	Diabetic Shoe Clinic sign up for appt or walk in	11:00 a.m. – 1:00 p.m.
Fri, Aug 20th	Boston Food Bank: Brown Bag.....	10:00 a.m. – 12:30 p.m.
Fri, Aug 20th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Tues, Aug 24th	Blood Pressure Clinic "Lucy Booth" Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Weds, Aug 25th	HAIR SALON HOURS	Walk in or appointments at the senior center..... 9:00 a.m. to 1:00 p.m.
Weds, Aug 25th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Weds, Aug 25th	John Barrymore Performance free!.....	11:45 a.m. – 12:45 p.m.
	Wii ends at 11:00 a.m.	
Thurs, Aug 26th	FRIENDS MEETING	10:00 a.m. – 11:00 a.m.
Thurs, Aug 26th	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, Aug 27th	Field Trip: Museum of Science \$2.....	10:30 a.m. to 2:00 p.m.
Fri, Aug 27th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Fri, Aug 27th	Massage Therapy Appointments \$5.....	1:00 p.m. – 3:00 p.m.
Mon, Sept 6th	Labor Day.....	Center is closed
Tues, Sept 7th	Birthday Karaoke.....	11:30 a.m. – 1:00 p.m.
Fri, Sept 10th	Food Stamp Appointments.....	9:30 a.m. – 3:00 p.m.

September 13th – September 17th Celebrating National Senior Center Week!!!

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2010 Lynn Senior Center Trip Schedule

CASINO TRIPS:

Due to the lack of interest in Mohegan Sun all our casino trips will go to Foxwoods.

We apologize to those who had their heart set on Mohegan Sun and will assist in seeking out trip dates to Mohegan through other area senior centers.

FOXWOODS \$25

*Every 3rd Tuesday of the month
March – November*

Leaves promptly at 7 a.m.

We cannot wait for anyone.

Returns approximately at 6:30 p.m.

AUGUST 17th

SEPTEMBER 21st

OCTOBER 19th

NOVEMBER 16th

Reservations are mandatory. Walk-in and mail-in reservations accepted.

Mail in registrations must be sent to 8 Silsbee Street, Lynn, MA Attn ROSA. Do not mail cash. Send checks only. A sign up form for each passenger must be filled out in it's entirety including emergency contact information. No reservation is confirmed until you hear from us. We will confirm receipt no later than three days prior to the trip. Mailing deadline for trips is seven business days prior to departure. Deadline for casino mail in reservations is the first Friday of every month.

SCALLOP FESTIVAL \$60

SEPTEMBER 24th, Friday

8:30 a.m. – 5:30 p.m.

Bourne scallop festival, enjoy a scallop dinner or apricot chicken. Enjoy a narrated 90 minute cruise tour around the Cape Cod Canal

ATLANTIC CITY

NOVEMBER 8TH-10TH



\$165 Triple

\$170 Double

\$240 Single

TROPICANA HOTEL

\$20 Cash Bonus

\$20 Casino Show

Two Meals (Breakfast & Dinner)

Departs PROMPTLY at 7:00 a.m.

Leaves Atlantic City on November 10th at 1:00 p.m.

Arrive back in Lynn approximately 8:00 p.m.

Budget Plans available for those who choose:

- Double occupancy rate
- \$34 payment x 5 months (May – September)

Increase the amount of your payment and you'll have saved for spending money. All payments are contracted and secure in a locked safe.

PLEASE ACKNOWLEDGE OUR SPONSORS

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or
Cathy Davis in admissions for more information.



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WELLNESS WATCH - AUGUST 2010

About Depression

Everyone feels blue or sad now and then but these feelings usually pass in a few days.

Major depression interferes with daily life and normal functioning. It causes pain for both the person with depression and those who care about him or her. The good news is that it is highly treatable.

Depression is a common problem among older adults but it is **not** a normal part of aging.

As we age we may experience many changes and losses that can make us feel sad or anxious. After a period of adjustment many older adults can regain their emotional balance, but others do not and may develop depression. There is no one cause or risk factor. Depression can be caused by or accompany other illnesses. Sometimes medications may cause depression as a side effect.

Symptoms of depression include sleep problems, eating more or less than usual, loss of interest in once pleasurable activities and frequent crying. Feeling emotionally empty, irritable, feeling that life is not worth living or thoughts of death or suicide are also symptoms. If you have these symptoms for more than two weeks, you may have depression. Talk with your doctor.

Depression is one of the most important causes of suicide. Older men experience higher rates of completed suicide than any other age and gender group. If you are in a crisis, thinking about harming yourself or attempting suicide, tell someone who can help immediately. Call your doctor, 911 or go to the nearest hospital emergency room. Or call the Samaritans- 1-866-912-4673 for confidential help.

The good news is that depression, even in its most severe form, is highly treatable. Talk with your doctor, nurse or social worker. Your doctor can rule out medications or medical conditions that may be contributing to the depression. Your doctor may also suggest a referral to a mental health specialist. Once diagnosed, the depression can be treated with medication and/or psychotherapy or "talk therapy." Research shows that for older adults a combination of both is most effective. Treatment may differ depending on the individual. Treatment may take time but it is well worth the effort.

Adapted from National Institute on Health Senior Health nihseniorhealth.gov. This is an excellent, easy to use web site for a wide variety of information.

Real Men, Real Depression www.nimh.nih.gov 1-866-227-6464

Susan H. Brown RN GLSS Community Education Nurse
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COMPUTER CLASSES



*Please extend a big welcome to
Pat Makseyn,
our new computer instructor!*



Lynn Senior Center • Computer Room, 1st Floor
8 Silsbee Street, Lynn
781-586-8503

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to:

LCOA

Attn: Stacey

8 Silsbee Street • Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

Computer Class Schedule: Mondays...August 2, 9, 16, 23, 30
Next Classes: September 13, 30, 27 October 4, 18

COMPUTER CLASS DESCRIPTIONS:

Introductions to Computers & Windows XP

(Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m. • Cost: \$50.00

Introduction to Microsoft Word

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

11:15 a.m. – 12:15 p.m. • Cost: \$50.00

Introduction to the Internet

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

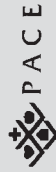
12:30 p.m. – 1:30 p.m. • Cost: \$50.00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Manicotti w/Meat Sauce Italian Blend Veggies Chilled Fruit ALTERNATIVE Chicken Florentine Whipped Potato Italian Blend Veggies		3 Crumbed Topped Fish Newburg Garlic Whipped Potato Country Blend Veggies Fresh Fruit ALTERNATIVE Swedish Meatball/Gravy Potato/Veggie		4 Tyson Chicken Tarragon Herbed Rice Spinach Jell-o ALTERNATIVE Beef Rib-B-Q/BBQ Sauce Herbed Rice		5 Hot Dog/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Salisbury Steak/Gravy Beans		6 Veggie Beef Soup Chef Salad WW Roll Chilled Fruit ALTERNATIVE Shaved Roast Beef/Roll Tossed Salad	
9 Boneless Citrus Chicken Sour Cream Whipped Potato Peas & Carrots Chilled Peaches ALTERNATIVE Liver & Onions		10 Tomato Basil Soup Egg Salad Pasta Salad Pudding ALTERNATIVE Sliced Turkey/Cheese		11 Yankee Pot Roast/Gravy Whipped Potato Veggie Ratatouille Apple Crisp/Topping ALTERNATIVE Chicken Marsala		12 Macaroni & Cheese Green & Golden Beans Baked Tomato Half Scali Bread/ Fresh Fruit ALTERNATIVE Breaded Pork Patty		13 Meatloaf/Gravy Scalloped Potato Fiesta Mix Veggie Mini Muffin/ Chilled Fruit ALTERNATIVE Roast Turkey/Gravy	
16 Potato Crunch Fish/Dill Sauce Lyonnaise Potato Jardinière Blend Veggie Chilled Fruit ALTERNATIVE Stuffed Shell/Meat Sauce		17 Minestrone Soup Sliced Turkey Macaroni Salad Fresh Fruit ALTERNATIVE Seafood Salad/ Mac Salad		18 Ham & Cheese Quiche Seasoned Red Bliss Potato Italian Blend Veggie Chilled Mixed Fruit ALTERNATIVE Beef Strip Steak/Gravy		19 Cream of Broccoli Soup Tyson BBQ Chicken Roasted Potato Jell-o/Topping ALTERNATIVE Omelet/Cheese Sauce		20 Stuffed Pepper/Herb Sauce Butternut Squash Wax Beans Cake ALTERNATIVE Spanish Chix/Black Beans	
23 Meatball Sub O'Brien Potato Zucchini/Red Pepper Chilled Fruit ALTERNATIVE Fiesta Fish		24 Roast Pork/Mustard Dill Sauce Scalloped Potato Spring/Summer Blend Veggie Pudding ALTERNATIVE Sweet & Sour Chix Tenders		25 Chicken/Broccoli/Pasta Carrots Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy Whipped Potato		26 Mild Chili Steamed Rice Tossed Salad Mandarin Oranges ALTERNATIVE Teriyaki Chix/Rice		27 Potato Leek Soup Chix Caesar Salad Cookie ALTERNATIVE Tuna Salad Tossed Salad	
30 Lasagna/Meat Sauce Spinach Garlic Roll Chilled Fruit ALTERNATIVE Boneless Cran Glazed Chicken									



AUGUST 2010

Elder Service Plan of the North Shore, Inc.



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SENIOR CENTER ACTIVITIES **AUGUST 2010**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET	
9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii
10:00-11:00	COMPUTER CLASS: INTRO	9:45-10:45	POKENO	9:00 – 1:00	HAIR SALON	9:00-10:30	WATERCOLOR PAINT CLASSES	9:30-11:15	TRIVIA PURSUIT TEAM PLAY
10:45-12:30	LUNCHEON	10:00-11:30	OIL PAINTING CLASS	9:30-11:00	ARTS & CRAFTS	10:00-11:00	T.O.P.S.	10:00-11:30	KNITTING & CONVERSATION
11:15- 12:15	COMPUTER CLASS: WORD	10:45-12:30	LUNCHEON	9:30-10:30	BEGINNER'S TAP	10:45-12:30	LUNCHEON	10:45-12:30	LUNCHEON
12:00-1:00	MEN SPORT'S CLUB	12:30-2:30	CRIBBAGE	9:30-11:00	WHIST	10:30-12:00	ACRYLIC PAINT CLASSES	11:30-12:15	EXERCISE CLASS
12:30-1:30	COMPUTER CLASS: INTERNET	1:00-2:45	POKENO	10:45-12:30	LUNCHEON	12:45 – 1:45	LINE DANCING	1:15-2:45	BINGO
1:15-2:45	BINGO			11:30-12:15	EXERCISE CLASS	1:30-3:30	JAPANESE BUNKA EMBROIDERY		
				1:00 – 3:00	MOVIE	2:00-3:00	HORSE RACE GAME		
				1:00-3:00	'PENNY ANTE' POKER				

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Thank you to Marie and Norman Bourque for the generous donation to our annual BBQ. The donation was used to buy ice cream! Thank you! Just the way Joe would have wanted it.

Who are the FRIENDS?

We see those bright red shirts around the center on ice cream social day. We see them gathered in the board room for monthly meetings. We see them behind the tables at the bake sale and on the dance floor for the penny sale. We see them scattered throughout the cookout and the holiday party. But who are they?

They are a grassroots organization that supports the continued excellence of our senior center. They raise funds to enhance the center's programs, brighten the day with special gifts, provide necessary equipment for operations, repairs to existing items, and a simple warm gesture of good will. The FRIENDS bought the balloons, banners, flags, burgers, ice cream and paid for the live band. All this was done through soliciting corporate sponsors. So as we sit and write thank you notes to all our wonderful corporate sponsors, please also take a moment and thank a red shirt. For they are our FRIENDS and we are ever so grateful!

THE FRIENDS OF THE LYNN COUNCIL ON AGING CAMPAIGN

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make checks payable to: the FRIENDS of LCOA

Please accept my donation of \$ _____

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_____ in honor of

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Thank you.

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SAFELINK WIRELESS OFFICE HOURS

- **MONDAYS** 9:00 a.m. – 10:15 a.m.
 ➤ **WEDNESDAYS** 9:00 a.m. – 10:15 a.m.

Due to the increasing demand of Safelink cell phone problems, we will have open office hours to handle all the issues collectively. The average call for help to Safelink averages over a half an hour. Office hours provide us the opportunity to call in multiple phone problems. Thanks for understanding that we need to be more efficient with our time. Please check in when you arrive and we will make every effort to assist you.

Please know: Most of the problems are due to the failure to verify. All phones must be verified after 6 months. This process can be handled online in less than two minutes (safelinkwireless.com) or by mailing the postcard back to Safelink. If unsure if you need to verify, call Safelink at 1-800-378-1684

Thank you to all my crafters for the beautiful centerpieces for the 4th of July cookout!

Folks are still raving about how nice they were!

Thank you: Debbie Cardano, Claire Cahoon, Rose Collela, Pat Drake, Dorothy Gheringhill, Cindy Leblanc, Barbara Marshall, Marianne Pacheco, Nora Paquette, Donna Paegle, LaDonna Phipps, and Sandy Vizona!!! Don't be shy, if I have left you out, let us know!

BASEBALL QUIZ!

What are the seven official ways a batter can reach first base?

Answer in September's newsletter. Go Red Sox!



NEW HAIR SALON PRICES!!!!

Wash & Cut.....	\$10
Wash, Cut & BLOWDRY.....	\$15
Wash, Cut & Set.....	\$15
Color.....	\$15
Perm.....	\$40
Wax.....	\$5ea

(Chin / Eyebrow / Upper Lip)

Every Wednesday 9 am – 1pm walk ins or by appt.



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233 Albion Street Wakefield

Committed to Life at Home

Rose Manzella's poem to Connie...

Dear Connie,

*We all wanted you to know
That we hate to see you go.
After 25 years you'll be on your way
Good for you, but for us a sad day.*

*As Activities Assistant you were the best
Always busy, no time to rest.
Assisting the Director in what had to be done
To make the Center a place of fun.*

*Maintaining statistics, records, and such
At times it became a little too much.
But you never complained, all the while
Took it in stride, wearing a smile.*

*Setting up trips for the seniors to take
To Foxwoods, or maybe Canobie Lake.
Helping in the kitchen, and functions too,
Nothing was too much for you.*

*As you leave us, Connie, we want to say
You will be missed every day.
The Center will never be the same
Without you here – what a shame.*

*You can sleep 'till noon, or maybe two
Nothing important you need to do.
So enjoy retirement so very much
We will miss you – please keep in touch.*

*Love and a hug
Rose Manzella*

**NOTE CHANGE IN DATE:****BIRTHDAY KARAOKE BASH**

AUGUST 10th

11:30 a.m. to 1:00 p.m.

This month only!!

We will also celebrate July's
birthdays this day.

**MOVIES ... every Wednesday!**

Free Popcorn and soda

Wide Screen Plasma Home Theatre System

August 4	Night at the Museum 2	PG	2009
August 11	Lovely Bones	PG-13	2009
August 18	Nights in Rodanthe	PG-13	2008
August 25	Everybody's Fine	PG-13	2009

Is there a flick you want to see? Call us or email us?

Movies are subject to availability.

**September is...****National Senior Center Month!!!****Mark your calendar!****LYNN SENIOR CENTER EVENTS****SEPTEMBER 13th**

Bean Bag Toss.....10:00 am

Win a scratch ticket!

SEPTEMBER 14th

Country Western Ho Down12 - 1 pm

Live music, special menu

SEPTEMBER 15th

Penny Sale12 - 1 pm

Friends of LCOA event

SEPTEMBER 16th

Triple chance day!

Balloon Pop10:00 am

chance of prize inside

50/50 Raffle.....12:00 pm

Candy Basket.....1:30 pm

guess the total and it's yours

SEPTEMBER 17th

BINGO BONANZA.....12 - 3 pm

card sales at 11:15 a.m.

Starts an hour early

next number bingo wins a prize

\$50 coverall

**DENISE DOUCETTE**

...will perform on **SEPTEMBER 22nd**

11:00 a.m. – 12:00 p.m.



C WORDS



C	M	T	O	P	K	Y	Z	A	Z	O	C	Y	B	W
R	H	R	A	G	I	C	I	N	D	E	R	S	P	Y
I	I	I	S	L	A	B	M	Y	C	Y	C	L	E	M
M	L	M	M	P	H	O	C	O	V	T	E	F	H	B
I	F	O	I	P	C	C	H	A	R	A	C	T	E	R
N	E	T	B	U	A	O	L	C	U	P	C	A	K	E
A	A	S	J	V	E	N	N	M	E	P	E	R	D	O
L	O	U	D	U	R	T	Z	T	G	I	L	G	R	A
C	L	C	L	E	C	R	N	E	R	D	L	I	H	C
W	O	C	T	A	R	A	X	H	E	A	O	I	I	C
O	O	S	V	O	U	D	B	A	R	C	C	Z	N	B
H	I	E	F	R	S	I	A	A	U	S	D	T	T	G
C	A	M	W	Z	T	C	F	W	R	V	B	E	O	J
T	R	Y	E	M	Y	T	F	R	D	E	H	E	L	Q
Y	M	C	R	A	W	S	H	C	O	T	T	O	N	Y

WORD LIST

CABARET

CHILDREN

CONTRACT

CUPCAKE

CAPITAL

CHIMPANZEE

CONTRADICT

CUSTOM

CAVEAT

CHOW

COTTON

CYCLE

CEILING

CIGAR

CRAB

CYMBALS

CELLO

CINDERS

CRIMINAL

CHARACTER

CISTERN

CRUSTY



**LYNN
COUNCIL ON AGING**

John W. Baker

✱

Edmund Brown

✱

Dorothy Davis

✱

Daniel P. Hanlon

✱

George Meimeteas

✱

Charles Mitchell

✱

John Peterson

✱

Victoria Serwatka

✱

Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

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LYNN, MASSACHUSETTS 01901
(781) 599-0110

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HEALTH FOCUS PROGRAM



LYNN SENIOR CENTER

AUGUST 2010

**BLOOD SUGAR TESTING
FOR DIABETICS**

August 10th

8:30 am - 10:00 am

*(Nurse available during these clinics
for any health questions.)*

BLOOD PRESSURE

August 24th

8:30 am - 10:00 am

*(Nurse available during these clinics
for any health questions.)*

MASSAGE THERAPY

August 27th

1:00 pm - 3:00 pm
Call for appointment

PODIATRIST

August 19th - 10:00 am
*Call for appointment.
Bring insurance card*

HAIR SALON

Wednesdays
9:00 am - 1:00 pm
Walk-ins or appointments